



Dr Mansi Dhende  
Aesthetics

The only guide you need

# Breast Lift

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General Disclaimer: Outcomes vary based on individual patient conditions and can be influenced by several factors including lifestyle, weight, diet, and overall health. Please consult your Consultant Plastic Surgeon for specific details. This information is intended for general purposes only and does not constitute medical advice or establish a doctor-patient relationship. Potential risks and complications of surgery will be thoroughly discussed during a consultation with your Plastic Surgeon. Photography Disclaimer: Unless marked with a copyright notice and the Surgeon's or Clinic's name, our photographs or images are licensed stock photography and not of actual patients. Dr. Mansi Dhende Aesthetics disclaims any liability for any consequential damages arising directly or indirectly from this multimedia content. © Copyright 2021.



## What is Breast Lift Surgery (Mastopexy)?

A Breast Lift (Mastopexy) involves reshaping and lifting the breasts to address severe drooping or sagging. This procedure is often needed for women after pregnancy, breastfeeding, aging, or significant weight loss. A Breast Lift can be combined with other surgical procedures, such as the placement of breast implants, to add shape and volume to the breasts while also lifting them.



## Benefits of Breast Lift Surgery

**Breast Lift Surgery can help to:**

- **Restore Breast Position:** Bring breasts to a more central, firmer, or higher position on the chest wall. If you are generally happy with your breast size but dissatisfied with their appearance due to sagging nipples or low-hanging tissue, this procedure may be ideal for you.
- **Reposition and Resize Nipples:** Move and/or resize your nipples to a more central location on the chest.
- **Restore Shape and Position:** Return your breasts to their former shape and position before they were affected by gravity, skin aging, pregnancy, breastfeeding, or weight changes.



## Would You Like to Increase the Size of Your Breasts and Have Them Lifted?

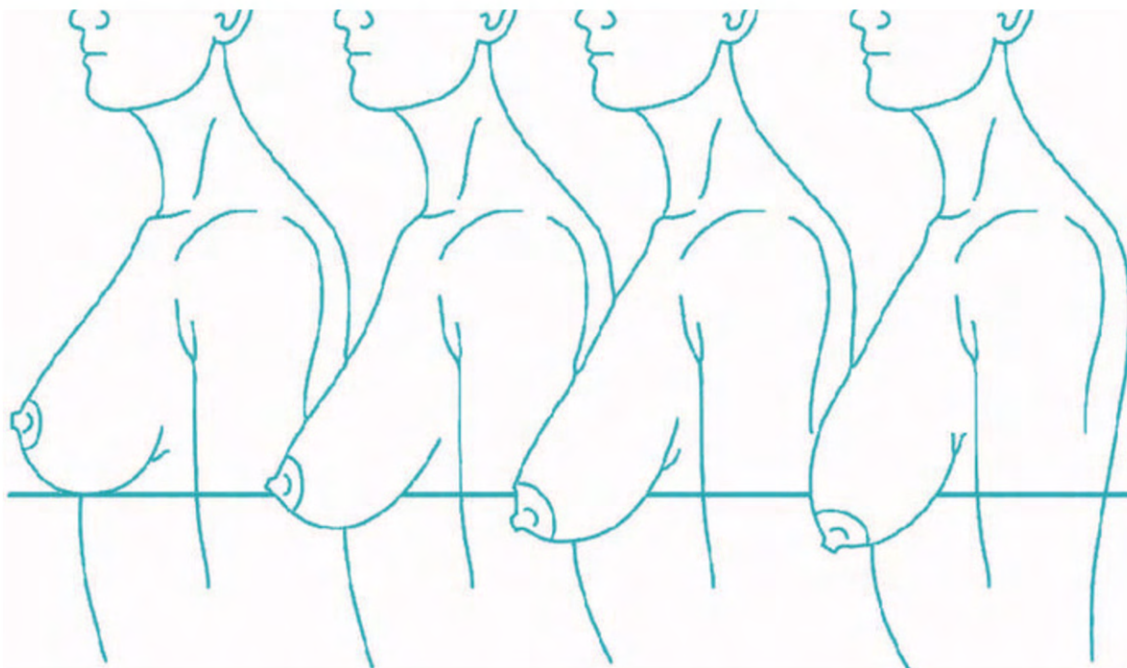
If you feel your breasts are small or do not suit your physique, you can opt for a Breast Lift with breast Implants to increase your bust size.



## What is Breast Ptosis?

- **Definition:** Breast Ptosis refers to the sagging of the breast, which often occurs naturally over time due to aging, lifestyle, or genetic factors.
- **Commonality:** Ptosis, characterized by sagging breasts or downward-pointing nipples, is an issue that will eventually affect most women.
- **Surgical Solutions:** The surgical options available depend on the degree of ptosis, the amount of existing breast tissue, and your individual preferences for the appearance of your breasts and nipples after surgery.

## Degrees of breast sagging (ptosis)



Normal

Grade 1 Ptosis:  
Mild Sagging

Grade 2 Ptosis:  
Moderate  
Sagging

Grade 3 Ptosis:  
Severe  
Sagging

### What Causes Droopy, Sagging Breasts?

Breast Lift (Mastopexy) Surgery can be an excellent solution for women seeking Lifted, firmer breasts and the increased body confidence that often follows the surgery and healing process.

#### **Factors Contributing to Drooping or Sagging Breasts:**

All female breast tissue tends to droop, stretch, and lose elasticity over time. While other parts of the body may also sag, many women notice sagging breast tissue first and often wish to address it. Several factors can contribute to breast drooping or sagging, and the degree of breast ptosis can result from the following:

- Pregnancy
- Breastfeeding
- Weight Fluctuations
- Aging
- Gravity
- Heredity

There are several degrees of ptosis related to the crease beneath your breast tissue, also known as the inframammary crease.

### Am I a Good Candidate for Breast Lift Surgery?

Breast Lift Surgery May Be Ideal For:

- Women who desire youthful, perkier, and more elevated breasts.
- Women who are satisfied with their breast size but prefer a firmer, more elevated appearance.
- Those who wish to remedy sagging breasts and nipples, and possibly add volume and size with a Breast Lift with Implants.
- Individuals who seek guidance from a qualified and highly experienced Consultant Plastic Surgeon to determine the best Breast Lift procedure to achieve their desired results.
- Candidates who have realistic expectations about what the procedure can achieve.



### Common Reasons for Wanting Breast Lift

**Some of the reasons you may be considering Breast Lift Surgery (with or without implants) include:**

- Your breasts have lost shape and volume, and their pendulous positioning bothers you.
- Your breasts have developed a flatter, elongated shape over time.
- When unsupported, your nipples fall below the breast crease or point downwards.
- Your breast tissue is stretched, and you have enlarged areolas.
- One breast sits lower on your chest than the other.
- Weight loss, pregnancy, or breastfeeding has left your breasts looking deflated, and you want to restore them to a better shape and position.



## Surgery Checklist

Before deciding on your surgeon or proceeding with Breast Implant Surgery, consider these important questions:

- Is my plastic surgeon highly skilled, with an MCh or DNB (Plastic and Reconstructive Surgery) qualification recognized by the National Medical Commission (previously Medical Council of India), respective State Medical Council and board-certified by IAAPS/ APSI ?
- Will my Breast Lift Surgery be performed in a fully accredited hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Breast Lift Surgery can achieve?
- Am I choosing to have surgery for the right reasons and at the right time?
- Am I willing and able to undergo an initial recovery period of approximately 4-6 weeks?
- Do I have someone (a friend, partner, or relative) who can assist me during my recovery, and am I patient enough to wait until all the swelling subsides before seeing my final results?

## Customized for You

Your plastic surgeon will suggest and advise the preferred Breast Lift procedure based on the condition of your breast tissue and the approach that will work best to achieve a successful surgical result.

## Key Points to Remember:

**Individual Surgical Journey:** Everyone's surgical journey is different, and your exact process may vary from the general details provided.

**Customised Approach:** Your plastic surgeon will tailor the Breast Lift Surgery to suit your specific breast condition, desired outcomes, and the approach that will yield a natural, long-lasting result.

For more information on the surgical process of a Breast Lift or any other questions, please contact us at +91-9958513448.

## Post-Operative Recovery

### Recovery Period:

The length of your recovery will depend on the specific procedure and other health and lifestyle factors.

Recovery times can vary significantly from person to person. Generally, you should allow 4-6 weeks for initial recovery following your surgery.

Scar maturation often takes longer.

### Healing and Activity:

Work with your surgeon to ensure adequate and proper healing time.

Consult with your surgeon before resuming daily activities such as driving, lifting, and exercise.

Wear the post-operative compression garments provided throughout your recovery period for the required time frames.

### Instructions and Appointments:

Follow the specific instructions given by your surgeon.

Attend all post-operative appointments.

Good results depend on a collaborative approach and a healthy lifestyle.

## Maintaining Results



### Individual Variability:

Every patient is unique, and surgery results can vary.

It is important to work collaboratively with your surgeon and maintain realistic expectations.

### Factors Impacting Results:

Your results from Breast Lift Surgery may be affected by fluctuations in weight, skin health, or Body Mass Index (BMI).

Pregnancy and breastfeeding may also impact your surgical results.

### Longevity of Results:

To maximize the longevity of your Breast Lift Surgery results, maintain a healthy, nutritious lifestyle.



## Benefits of Breast Lift (Mastopexy) Surgery

### Firmer, Youthful & Lifted Breast Appearance:

- **Physical Enhancement:** Breast Lift Surgery provides firmer, lifted, and more youthful-looking breasts by removing excess skin and lifting the inner breast tissue.
- **Nipple Improvement:** This procedure improves the appearance of drooping or enlarged nipples by reshaping and repositioning them.
- **Restored Youthfulness:** Achieve a youthful, 'perkier' breast appearance, and enhance cleavage and body contours, especially when combined with Breast Implants.

### Confidence Boost:

- **Body Image Impact:** The appearance of your breasts can significantly affect your body image. A Breast Lift can restore your confidence if you have been self-conscious about your breast and nipple positioning.
- **Rejuvenation:** Many body parts sag over time, with breasts often being the first noticeable area. Restoring your breasts to their previous appearance can provide a substantial confidence boost, especially after ageing, pregnancy, breastfeeding, or weight fluctuations.



### Does Breast Lift Surgery Hurt?

**Expected Discomfort:** Most surgeries involve some discomfort and pain during the initial post-surgery healing periods. Discomfort levels vary for each patient due to several factors, including individual pain perception and sensitivity.

**Managing Pain:** Pain during the healing period, particularly in the days immediately following surgery, is generally manageable by following your surgeon's recommendations and post-operative instructions precisely.



### What Steps Can Be Taken to Minimize Pain?

Our approach to recovery focuses on getting you back to your normal life as soon as possible. We are dedicated to keeping you as comfortable as possible during your pre-operative sessions, surgical procedure, and healing and recovery period following surgery.

### When Can I Return to Work After Breast Lift Surgery?

**Individual Variability:** Recovery time before returning to work or daily activities, such as driving, varies from patient to patient and depends on the specific Breast Lift Surgery procedure.

**Typical Timeline:** Most patients can return to work 2-3 weeks after surgery. If your job is physically demanding, it may take longer before you can resume work.

**Personalized Advice:** Your Plastic Surgeon will provide personalized advice on when you can return to work and other daily activities.



### Do I Need to Avoid Exercise?

**Recommended Waiting Period:** Your plastic surgeon typically advises waiting at least 6-8 weeks before resuming strenuous exercise.

**Consult Your Surgeon:** Always consult your surgeon before returning to any form of exercise or similar activities to ensure a safe recovery.

### **Will I Need to Stay in the Hospital Overnight After Surgery?**

An overnight hospital stay may be required for this procedure to ensure patients are properly monitored and receive high-quality care. Your plastic surgeon will provide specific advice regarding the length of your hospital stay and your post-surgery care requirements.

### **What Can Be Done to Minimize Post-Surgery Scars?**

**Inevitable Scarring:** Incisions are a necessary part of Breast Lift Surgery, resulting in some form of scarring at the incision sites. However, incisions are often placed in areas where they can be more easily hidden.

**Post-Op Care:** Your actions after surgery significantly impact scar formation. Carefully follow your post-op instructions and avoid overexertion.

**Surgeon's Consultation:** Discuss available scar minimization techniques with your plastic surgeon to understand what level of scarring you can generally expect.

### **How Do I Know Which Breast Surgery Procedure I Need?**

**Breast Implants vs. Breast Lift:** Some patients desiring an increase in breast size with implants may also require a Breast Lift if they have developed breast ptosis.

**Professional Advice:** It can be challenging to determine if you need a Breast Lift in addition to implants without professional advice. Consult your Plastic Surgeon for a tailored recommendation.

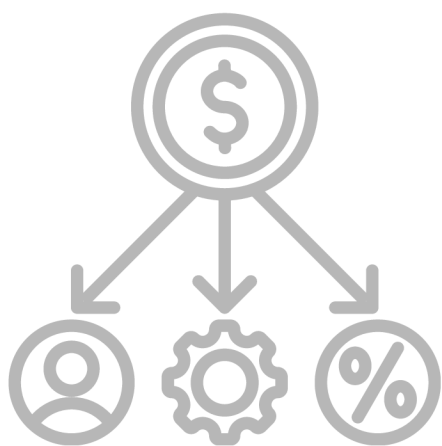
**Sagging Considerations:** For patients with mild, moderate, or severe breast sagging, a Breast Lift with or without implants may be necessary, rather than a Breast Augmentation alone.

### **Can I Combine a Breast Lift with Other Procedures?**

**Surgical Plans:** Breast Lift Surgery can sometimes be combined with other surgical procedures. Consult with your Consultant Plastic Surgeon to devise a surgical plan based on the procedures you are considering.

### How Much Will My Breast Lift Surgery Cost?

The cost of your surgery will vary based on the type of procedure, the hospital, and the length of your hospital stay. During your initial consultation, you will receive an approximate price range for your surgery.



### Do You Still Have Unanswered Questions?

For more information about your breast lift journey, talk to our expert plastic surgeon at +91-9958513448. We are happy to answer any questions you may have.



### What Can I Expect at My Initial Consultation?

During your initial appointment with your plastic surgeon, you will typically:

- Undergo a physical examination.
- Have your photos taken.
- Review Before and After photos from past patients.
- Learn more about your surgical options.
- Receive detailed information about your selected surgery options.
- Discuss the possible risks and complications associated with surgery.
- Get information about surgery pricing and available dates.
- Have the opportunity to ask questions; feel free to bring a friend or family member for support.



## About Dr. Mansi Dhende

### Dr. Mansi Dhende

MCh Plastic & Reconstructive Surgery,  
MS General Surgery,  
MBBS

Dr. Mansi Dhende (MBBS, MS General Surgery and MCh Plastic Surgery) is a Board-Certified Female Plastic Surgeon in Delhi. Her first talk in the field of plastic surgery was on the “applications of tissue expanders”. She is an active Life member of Indian Association of Aesthetic Plastic Surgeons (IAAPS), only representative organisation of qualified Plastic Surgeons practicing Aesthetic Plastic Surgery (Cosmetic Surgery).

She has been trained by the reputed faculties in the field of General Surgery (MS) & experts in plastic, aesthetic and reconstructive surgery (MCh).

After completing her formal education as a plastic surgeon, she joined various fellowship programs to refine her skill set in Plastic and Aesthetic Surgery.



### Area of Expertise

Dr. Mansi Dhende is a trusted professional in the plastic & aesthetic surgery field, offering a comprehensive range of surgical and non-surgical procedures tailored to meet the unique needs of each patient.

Dr. Mansi Dhende specializes in aesthetic transformative procedures, including breast augmentation, breast reduction, mommy makeovers, liposuction (male & female), tummy tucks, hair transplants, brow lifts, facelifts, body contouring, gynecomastia, buccal fat removal, buttocks augmentation, as well as non-surgical treatments such as neurotoxins, dermal fillers, and thread lifts.

### Visit us to see the results



Schedule a confidential consultation with Dr. Mansi Dhende (Plastic Surgeon) by phone or by sending us an enquiry via our website.



**Phone:** +91-9958513448.



**Website:** [www.drmansidhendeplasticsurgeon.com](http://www.drmansidhendeplasticsurgeon.com)



**Clinic Address:** Aartas CliniShare, 18A, Ring Rd, Vikram Vihar, Lajpat Nagar IV, New Delhi, India - 110024



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## Schedule Your Consultation

Schedule a confidential consultation with Dr. Mansi Dhende (Plastic Surgeon) by phone or by sending us an enquiry via our website.



**Phone:** +91-9958513448.



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Follow @drmansidhendeplasticsurgeon on Instagram for more information, insightful updates and real patient before and after images.

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